

EDUCATE 2B!

Tools for Engaged Learning and Living

A ONE-DAY TRAINING FOR
EDUCATORS AND THERAPISTS



With the increased prevalence of stress that our students and faculty have been facing, it is no wonder that the national rates for mental health disorders, as well as behavioral, developmental and learning challenges have exploded within the walls of our schools. Educators have been confronted with not only meeting the individual needs of each student, but also keeping up with the demands of curriculum initiatives and new mandates. The success of our efforts to prepare our students to meet 21st century educational demands and care for their social and emotional well being will take a lot more than text books, technology and curriculum reform.

Research has proven that a student's academic achievement in the classroom, future success in life and overall happiness is significantly impacted by the attainment of 3 skills:

- **SELF-REGULATION** - Ability to attain, maintain and change arousal states appropriately
- **FOCUS** - Ability to direct attention and manage distractions
- **RESILIENCE** - Ability to adapt and thrive despite adversity and challenges

When these intrapersonal abilities are deficient, learning is greatly compromised. The development of these skills can positively impact cognitive control, emotional well-being, behavior and overall executive functioning.

IN THIS TRAINING YOU WILL LEARN HOW TO...

- Cultivate students' ability to self-regulate, focus and build resiliency.
- Utilize and teach 30 short, evidence-based breathing, movement and mindfulness exercises to introduce as "2-minute breaks" throughout the day.
- Provide students with the tools "2B" calm, energized, focused, connected and ready to learn which are easily integrated into any classroom, therapy or counseling setting.
- Empower students to take an active role in understanding, achieving and maintaining an optimal learning state.
- Develop healthy habits to reduce stress, balance energy and support positive mindsets.

WORKSHOP OBJECTIVES

At the completion of this course, participants will be able to...

- Identify appropriate tools for use in the classroom and therapeutic environment to support students' sensory, physical, emotional and behavioral development.
- Effectively teach breath, movement and mindfulness to children and identify how to incorporate each 2B Tool into your present curriculum in order to meet classroom and student goals.
- Identify stress reduction techniques which can improve student executive functioning and facilitate effectiveness as a teacher, mentor and nurturing adult.
- Articulate how enhancing a student's ability to be calm, energized, focused, connected and ready to learn supports the ability to thrive in any environment.
- Demonstrate readiness to lead an inservice to share the EDUCATE 2B techniques with colleagues.

**Course participants are able to purchase additional manuals at a discount to share with the staff in their school/district. Disclosure: Manual written and published by Allison Morgan for profit.*



SCHEDULE

8:00 am - 8:30 am
Registration & Check-In

8:30 am - 11:30 am
Session I:
Origins and Rationale for use in the classroom, therapy and counseling; Philosophy and Principles; Current Research; Emotional Regulation; Impact on Executive Functioning.

Session II:
Breathing Techniques; Effects of stress on the autonomic nervous system; Building Self-Regulation; Techniques to calm and to energize.

Session III:
Movement; Organizing the nervous system for improved attention, motor planning and body awareness; Building core

stability and its impact on gross and fine motor skills; Fulfilling sensory needs.

11:30 am - 12:30 pm
Lunch on your own

12:30 pm - 3:30 pm
Session IV:
Relaxation, Mindfulness and Meditation; Creating Inner Stillness; Building Positive Mindsets; Enhancing Resiliency.

Session V:
Putting the Pieces Together; How to Integrate 2B Tools Throughout the Day; Building Sequences Based on Available Classroom Time or Student Needs.

There will be a 15 minute morning and afternoon break.

TRAINING INCLUDES

- Comprehensive, 128-page, fully illustrated manual defining, the science and the practice of using each tool (\$45.00 value).
- Opportunity for experiential learning: performing, practicing and reflecting on the effects of the tools throughout the day.
- Opportunity to collaborate with like-minded educators and further facilitate the collaboration between teachers and school-based therapists.

TRAINING LOCATIONS

See www.zensationalkids.com/events for dates and exact locations.

PRICING

\$199 early bird rate, \$219 regular rate
See website for details.

HOW TO REGISTER

ONLINE: www.zensationalkids.com/events

BY MAIL: Complete form below and mail with check(s) payable to: **Zensation Kids, LLC**
26 Highland Road · Montvale, New Jersey 07645

INSTRUCTOR(S)

See website for instructor bios.

WHO SHOULD ATTEND

Educators (K-8th grade), Phys. Ed. Teachers, Occupational Therapists, OTAs, Physical Therapists, PTAs, Speech/Language Pathologists, Guidance Counselors, Social Workers and Psychologists

REGISTRATION

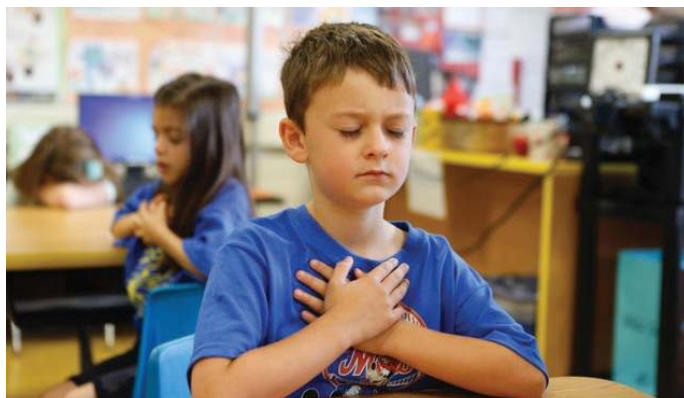
Name (as you would like it to appear on your certificate) _____

Address (Home) _____

Phone _____ E-mail _____

Workplace _____

Profession _____



- **Questions?** Call 201-446-0353 or email allison@zensationalkids.com.
- **Remember** to wear clothes and shoes that allow you to relax, breathe and move with comfort.
- **Please notify us** at least thirty (30) days in advance if you have special needs (dietary, learning needs) and require assistance.
- Workshop is taught through case study and lecture, group interactive work and lab. Assessment of learning will be completed through peer and instructor critique and reflection of learning.

REFUND and CANCELLATION POLICY Requests for cancellation must be received in writing or by phone, ten (10) days prior to the workshop in order to receive a refund less a \$25.00 administrative charge per canceled attendee. If the cancellation is made within ten days or less, refunds will not be granted however a credit voucher will be issued that may be used toward the next Zensation Kids sponsored course. In cases of inclement weather where the seminar is conducted as scheduled, you may request a credit voucher toward a future seminar. If we must cancel or change the seminar for any reason, our liability is limited to the cost of tuition. If you register and do not attend, you are still responsible for payment.